



Volume 14,
Issue 8

September
2012

Calhoun

County Connections



Special Points of Interest

- 🍷 Health Fair
- 🍷 Calhoun County Emergency Management introduction of team
- 🍷 September National Preparedness Month
- 🍷 School Backpack Awareness Day
- 🍷 National Fruit and Veggie Month
- 🍷 7 Simple Ways to Take Steps and Lose Weight
- 🍷 Southwest Michigan Get Ready Campaign
- 🍷 Did you Know... Michigan Historical Facts
- 🍷 55th Annual Mackinac Memorial Day Bridge Walk - September 3rd
- 🍷 Grandparents Day -
- 🍷 First Day of Autumn
- 🍷 Things to do...
- 🍷 Employee Announcements
- 🍷 Michigan Apple Recipes



Calhoun County and City of Battle Creek will be holding their first Health Fair as a collaborating event. This Event will be held on the lawn east of the Toeller Building from 11:30 am to 1:30 pm. All employees and their families are invited to attend.

Note: Marshall will be holding their Health Fair on Wednesday, October 6th from 10:00 am to Noon in HR Conference Room.

**Wednesday,
September 26, 2012**

City of Battle Creek and
Calhoun County Employees

Be a Star! **Health
Fair**

CITY OF
Battle Creek
MICHIGAN



Highlights:

- FREE FLU VACCINES for County Employees
- Vendor Displays
- Door Prizes
- Wellness Fit Ticket punch
- Informational Flyers
- Demonstrations and more!

11:30am-1:30pm
**Held on the East
Lawn of the
Toeller
Building**

This combined Health Fair for City of Battle Creek and Calhoun County Employees will offer more opportunities to create a Healthier Life Style for ourselves and our families.

Calhoun County Emergency Management introduces the Calhoun County CERT Search and Rescue Division

The Calhoun County CERT Team has a new specialized branch within its ranks. Currently, there are 11 Technicians as part of the Search and Rescue Division. These team members participate in additional training along with their other CERT activities.



The roles of the Search and Rescue team include:

- ✦ Provide trained personnel to conduct initial searches.
- ✦ Provide assistance determining search tactics.

According to the National Association for Search and Rescue, these special knowledge and performance skills needed in wilderness environments normally are not taught to any other emergency service personnel. To effectively work and survive during a Search and Rescue (SAR) emergency requires a knowledge of the environment, the ability to navigate, a knowledge of specialized search skills, the ability to manage the injured or distressed person, and the endurance to successfully move persons safely through often hostile terrain. These criteria address common minimum levels of knowledge and performance skills needed by personnel on SAR operations. The SAR Team is a member of the National Association for Search and Rescue and currently has 11 members. Currently 6 members have earned the SARTECH II Certification (has basic knowledge skills and field performance competence), 2 members that have earned SARTECH III Certification (has basic knowledge skills), 1 member that is completing SARTECH certification and 2 members are just beginning training. All of these individuals have completed the CERT coursework and are active members on the CERT team.



- ✦ Provide leadership and direction to other search teams.
- ✦ Provide personnel trained in advanced search techniques.
- ✦ Provide search assistance to other counties and entities, as requested and approved.
- ✦ Strengthen the response of C.E.R.T. during emergencies.
- ✦ Provide a cadre to assist in the teaching of C.E.R.T. team members.

Calhoun County has over 150 CERT trained volunteers. Within these volunteers, we have a core team of individuals who are dedicated to the preparedness and readiness of the Calhoun County Community. The Calhoun County CERT team is through the Office of the Sheriff, Al Byam, Emergency Management Division.

If you are interested in taking CERT training, please call 269-969-6444 or send an email to lphillips@calhouncountymi.gov.



September Marks National Preparedness Month

The Calhoun County Sheriff's Office, Emergency Management Division would like to remind you that September is National Preparedness Month. We would like to pay tribute to the many individuals who have taken personal responsibility to prepare for any natural or manmade disaster that could occur in their community. Despite the devastation hurricanes, tornadoes, wildfires and other disasters have caused, only 60 percent of Americans say being prepared is important to them. This year's National Preparedness Month's campaign "**Pledge to Prepare**" is designed to drive home the message that *"you never know when the day before is the day before."*

With only 17 percent of Americans claiming to be prepared in an emergency situation, it is important to provide necessary tools that

will allow Calhoun County citizens to be survivors and not victims. Disaster can strike at any time, and we must be ready to respond at a moments notice. Time, money and other resources spent on preparedness will yield tremendous benefits in an emergency situation, making our communities stronger and safer.

So how do you get started? First, learn about the basic risk that could affect your area. No matter where you live, there is a natural or manmade disaster that could strike without warning. Knowing what to do before, during and after these types of events will help you. Next, develop a plan, put together an emergency kit, and learn about resources within your community. Planning will help your survivability.

With a little bit of planning you can make a big impact. You can keep yourself, your family, and your friends safe. The Calhoun County Sheriff's Office, Emergency Management Division is reaching out to educate and empower the public to become a preparedness community, by offering CERT (Community Emergency Response Team) training. These classes will begin September 10, 2012. These classes will allow people to learn preparedness tools such as first aid, small fire suppression, general preparedness, and light search and rescue.

If you are interested in these free classes, please call 269-969-6444 or email lphillips@calhouncountymi.gov. Also, you can visit our website at www.calhouncountycert.org.



National School Backpack Awareness Day

September 19, 2012

Each year on the third Wednesday of September, occupational therapy practitioners, educators, and students from across the U.S. show others how to properly choose, lift, and carry backpacks, briefcases, purses, and more.

Backpack educational events educate parents, students, educators and school administrators, and communities about the serious health effects that backpacks that are too heavy or worn improperly have on children. Discuss having an event at your school to review Backpack safety and how to properly fit them. Below are some facts about backpacks:

- More than 79 million students in the United States carry school backpacks.
- More than 2,000 backpack-related injuries were treated at hospital emergency rooms, doctor's offices, and clinics in 2007.
- It is recommended that a loaded backpack should never weigh more than 10% of the student's total body weight (this means for a student weighing 100 pounds, the backpack should weigh no more than 10 pounds).
- About 55% of students carry a backpack that is heavier than the recommended guideline of 10% of the student's total body weight.
- In one study with American students ages 11 to 15 years, 64% reported back pain related to heavy backpacks. 21% reported the pain lasting more than 6 months.
- In a study on the effect of backpack education on student behavior and health, nearly 8 out of 10 middle school students who changed how they loaded and wore their backpacks reported less pain and strain in their backs, necks, and shoulders.
- According to a study by Boston University, approximately 85% of university students self-report a discomfort and pain associated with backpack usage.
- The way backpacks are worn affects your health. The height of the backpack should extend from approximately 2 inches below the shoulder blades to waist level or slightly above the waist. It is recommended that individuals always wear the backpack on both shoulders so the weight is evenly distributed.



September is National Fruits and Veggies Month



What better way to **boost that brain power** than to fuel those bodies with healthy fruits and vegetables. Here are a few tips to make your kids the envy of the lunchroom!

Covert yogurt: In your child's lunch, pack a container of plain yogurt and fruit chunks. Encourage him or her to play detective and identify which fruits you included.

Thermos fusions: Help your child experiment weekly with new 100% fruit and vegetable beverages in their thermos for school.

Color your crunch for lunch: Have your child choose from a rainbow of colors to brighten up his or her lunch. Carrots or celery with light ranch dressing or apples with peanut butter are a fun way to crunch.

Get sporty: Pre-portion energy snacks for your kids as they head to sporting events, such as their favorite dried fruits and nuts.

Let them play with their food: For a little lunch bag fun, slice apples into boats (cut apples into eighths), try red pepper butterflies (slice red peppers crosswise), or cucumber hearts.

Crock pot creations: Add carrots, potatoes, onions, celery and all your favorite veggies together in the crock pot for a hearty stew that cooks while you help with homework.

When you eat fruits and vegetables in place of other foods, you get MORE! Why? Because they are high in fiber and water and the volume (per calorie) is greater when compared to other foods. Below is a list of under **100 calorie foods** and the amount.

Soda	~ 9 oz	Pretzels	~ 1 oz	Bagel - 5 oz size	~ 1/4 of 5 oz
Strawberries	~ 2 cups	Fresh Blueberries	~ 1 1/4 cups	100% Veggie Juice	~ 2 cups
Watermelon Cubed	~ 2 cups	Pear	~ 1 Medium	100% Orange Juice	~ 7 oz
Sliced Peppers	~ 2 cups	Donut	~ 3/8 whole	Muffin (Mini)	~ 1 oz
		Cucumbers, Sliced	~ 7 cups	Apple Slices	~ 1 Large
		Cherry Tomatoes	~ 4 cups	Banana	~ 1 Small
		Cheese Peanut Butter Snack Cracker	~ 3	Chocolate Chip Cookies	~ 2 inch size
		Cantaloupe Cubes	~ 2 cups	Grapes	~ 28
		Canned Peaches in juice	~ 1 1/2 cups	Raspberries	~ 1 1/2 cups
		Apple Slices	~ 2 cups	Sweet Cherries	~ 1 cup

7 Simple Ways to Take More Steps and Lose Weight

by Lori - Women and weight website:
<http://www.womenandweight.com/>

No time for exercise? No problem. How about taking more steps...a lot more steps. The American Heart Association, the Surgeon General, and Shape Up America! are just a few of the health professionals who recommend all Americans get a minimum of 10,000 steps a day for better health and fitness.

Just don't let that number scare you. Remember taking more steps each day is relatively easy. The harder part is getting up to 10,000 steps but you can do this gradually over a period of time. And you don't necessarily need any kind of special equipment other than a simple pedometer to reap the most benefits.

Here are 11 simple things you can do starting TODAY to get more active and take more steps:

1. Walk up and down stairs whenever you have the choice.



Walk the stairs rather than taking the escalator or elevator at work or when you go to the mall. If you need to go up or down too many flights for your level of fitness simply start out with walking one or two till you build up endurance.

Walking up and down stairs is great for burning calories, getting stronger leg muscles and reducing your risk for cardiovascular disease.

If you have a safe set of stairs with a sturdy railing at home, walk up and down the stairs multiple times. Do this once or twice a day. You might be surprised at how much of a workout this can be! (I'm now walking my first to second floor steps once or twice a day 10x up and down.)

2. Whenever possible, deliver messages to your family or co-workers by walking to their room or office. No need to shout down the hallway with family. If you are allowed to get up and walk at your place of employment there is no need to send email to co-workers just down the hall.
3. Hide the remote at home and get up each time you need to change the channel or adjust the volume on your TV. I remember when that was the only option we had. It wasn't a hardship it was good for the waistline!
4. Welcome your chores! Every time you need to do work around the house or yard be grateful for the opportunity to be active. It burns calories! That's the kind of feedback I would get with the Body-Media Fit armband and what I am now getting with Fitbit. It's very motivating.

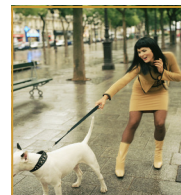
So scrub floors, wash windows, put a way clutter, sweep or vacuum and otherwise clean rooms, weed your garden and more. Get your work done and feel good in the process because you've burned calories and you are literally many steps closer to reaching the healthy weight you'd like to achieve.



5. If you take any form of public transportation consider getting off one stop early if it is safe to do so. The extra walking will do you good.
6. Park on the far side of parking lots, the side furthest away from stores. I'm sure you've heard this before so now JUST DO IT. Hey you'll find it easier to get parking spots!
7. Put on some fun music and dance. Dancing counts as physical activity and it's fun. So put on some dancing music after supper or otherwise and have fun. Even ten minutes of steady dance will up your step count and burn a significant number of calories.



O.K. there you have 7 simple ways to take more steps to lose weight. If you have time to take a walk around your neighborhood so much the better. Just get more steps!



Southwest Michigan Get Ready Campaign

In February 2003 the US Homeland Security Department launched the Ready campaign. It is a national public service advertising campaign designed to educate and empower Americans to prepare for and respond to emergencies, including natural and technological disasters and potential terrorist attacks. The goal of the national campaign is to get the public involved and ultimately to increase the level of basic preparedness across the nation.

SWMIREADY is our 5th districts counterpart to the national campaign. WE ask individuals to do four key things:

- Get an emergency supply kit /make a plan
- Be informed about the different types of emergencies that could occur and their appropriate responses
- Get involved in emergency preparedness and response in their own communities

The Southwest Michigan GETREADY! campaign launched in July of 2012, is a joint initiative of Michigan's 5th District Region (Allegan, Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph and Van Buren Counties) and the Citizen Corps Investment Project. It is funded by U.S. Homeland Security grant funds. The project localizes the citizen preparedness message with informational materials and resources customized to Michigan's state, regional and local emergency preparedness landscape.

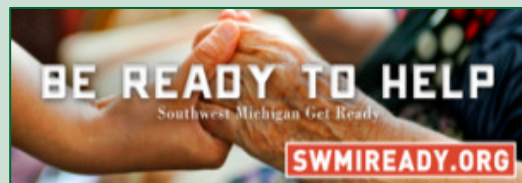
In addition to customizing existing *Ready* materials, SWMIREADY creates an abundance of new materials such as:

- Hazard-specific fact sheets for both adults and children
- Localized hazard-specific public service announcements
- A Functional Needs Registry to give additional assistance to those with specific needs

Southwest Michigan GET READY! Serve's as a one-stop shop for citizen preparedness information by also providing links to other relevant national, state and local agencies

To learn more about SOUTHWEST MICHIGAN GET READY, please refer to our website; www.swmiready.org

Lori A. Phillips,
 Regional Planner, Volunteer Coordinator
 E-Team Trainer/Coordinator
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 Calhoun County Office of the Sheriff
lphillips@calhouncountymi.gov or call
 269-275-1658



Did you Know...Michigan Historical Facts

Sept 5, 1881 - Forest fires race across the Thumb. The summer of 1881 was exceptionally hot and dry. Several days of fires and smoke left 282 people dead and 3,400 buildings destroyed. Massive relief efforts prompted the American Red Cross to respond. It was the first domestic crisis for the newly organized aid association.

Sept 16, 1960 - The United States and Canada began construction of the Sault Ste. Marie International Bridge. The bridge opened to traffic October 31, 1962.

Sept 23, 1934 - The Detroit Lions played their first national Football League game, beating the New York Giants 9-0 at the University of Detroit Stadium with 12,000 people attending.

Sept 24, 1830 - Stephen Simmons was last person to be executed by the State of Michigan. Simmons was found guilty of killing his wife in a drunken fury and executed on the gallows in Detroit. In 1846 Michigan becomes the first state to abolish the death penalty for all crimes except treason.

Sept 30, 1991 - Ernie Harwell broadcasted his "final" game for the Detroit Tigers after being fired, but after one season away from the Tiger's booth, Harwell was back and popular as ever. Harwell called his final game leaving on his terms in 2002. He broadcast Major League Baseball for 55 years and was inducted into the baseball Hall of Fame in 1981.

Things to do...

Paw Paw Wine and Harvest Festival:

Sept 7,8-9, this festival offers something for everyone! 4 stages of entertainment, Sporting events, family events, carnival rides, turtle derby, grape stomp where you and 4 of your friends climb into a vat of grapes and stomp for 2 minutes. The juice is recorded and the 6 highest weights in each category return on Sunday for the official stomp-off. Firework at Dusk on Friday. (269-655-111 or www.wineandharvestfestival.com)



Frontier Days: Sept 5-9, Charlotte, pioneer spirited guests will enjoy this annual event with parades, championship rodeo, flea market, fireworks, arts and crafts and an old fashioned saloon and more. Call 517-543-3325 for more information.

49th Annual Historic Marshall Home

Tour: Sept 8-9, Home Tour will be offering exquisite private homes and businesses for public viewing and enjoyment. The tour will feature seven homes and will include seven historic museums covering diverse specialties such as unusual architecture, antique home furnishings, Civil War memorabilia, a restored antique post office, Michigan's largest collection of magic memorabilia as well as two art centers. Call 269-781-8544 for info or tickets

Apple Fest: Sept 15, 9am to 4pm, Coldwater. This event has over 150 vendors, live entertainment, children programs, games, food and orchards in the area selling they best apples and cider. Call 517-279-6902 for more info.

September Arts and Craft Show:

Sept 15-16 at Cornwell's Turkey Farm in Marshall. Over 200 artists/crafters set up outside for this event. Visit www.turkeyville.com or call 800-228-4315.

Festival of the Forks: Sept 20-21,

from 10am to dusk down town Albion has been celebrating its *esprit de corps* from more than 45 years: On Sept 30, 1967 the first festival: a small mid-western community with a strong loyalty for its people and its future, bring together to celebrate all its differences and viewing them all as an asset to be protected. 10am Saturday is the parade! (www.festivaloftheforks.org or 517-629-5533)



Niles Haunted House Scream Park:

Sept 14 through October 31 weekends, its guaranteed to scare the YELL out of you! This park has 44 acres of multiple haunted attractions, hayrides, games and concessions. Call 269-687-FEAR or check out: www.haunted.org



55th Annual Mackinac Bridge Walk

September 3, 2012 - The Mackinac Bridge Authority, the St. Ignace Chamber of Commerce and the Greater Mackinaw Area Chamber of Commerce would like to make your BRIDGE WALK as pleasant as possible and offer the following information: There is NO FEE or registration to participate in the walk.

The walk begins at 7:00 a.m. You may START walking anytime after the Governor's party starts the walk at approximately 7:00 a.m. NO ONE WILL BE PERMITTED TO START AFTER 11:00 a.m., so ARRIVE EARLY.

(<http://www.mackinacbridge.org/annual-bridge-walk-7/>)



National Grandparents Day September 9, 2012



National Grandparents Day is an annual observance in the United States that honors grandparents and other seniors, & seeks to strengthen relationships between the generations.

National Grandparents Day was *created* in 1978 by a federal proclamation, passed by Congress and signed by President Jimmy Carter. The First National Grandparents Day was on Sunday, September 9, 1979.



Happy Labor Day!



Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

First Day Of Autumn ~ September 23, 2012

In the United States and the rest of the northern hemisphere, the first day of the autumn season is the day of the year when the Sun crosses the celestial equator moving southward (on September 22nd or 23rd). This day is known as the **Autumnal Equinox**.



September Milestones

25 YEARS & Over

Sherry Taylor - 32 yrs
District Court

Michael Kelly - 31yrs
Sheriff's Department

Norman Fryer - 28 yrs
Circuit Court

Elizabeth Freds - 26 yrs
Circuit Court

20 YEARS

Daniel Latta
Sheriff's Department

15 YEARS
Janice Wright
MSU Extension

10 YEARS

Rachel Delmont
Prosecutor's Office
Lyndie Edwards
Sheriff's Department
Diane Montgomery
Circuit Court

5 YEARS

Kris Jacobs
IT Department

New Hires

Michelle Thorne
Health Department

Joy Underhill
Health Department

Mark Coffman
Sheriff's Department



If you have any specific questions or comments about this newsletter, please contact the Editor:
Lora Stevens, HR Assistant x 0980

Michigan Apple Salsa Recipe

Ingredients:

2 medium red Michigan Apples
2 tbsp lime juice
1/2 cup chopped orange segments
1/2 cup finely chopped onions
1/2 cup finely chopped green or yellow or orange peppers
1 finely chopped jalapeno (if desired)
1 clove garlic minced
2 tbsp chopped fresh cilantro
1 cider vinegar
1/23 tsp ground cumin
1 tsp vegetable oil



Directions:

Core and dice apples into 1/4 inch pieces. Toss immediately with lime juice. Stir in remaining ingredients. Chill 2 hours before serving over fish, chicken or turkey.

Suggested Michigan Apple varieties to use: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious or Rome.



Reasons Apples are good for you!

Reason #1: The apple-derived ingredient Pyrus Malus (apple) fiber is used as a conditioning agent in hair products. **Reason #2:** Rinsing with apple cider vinegar will help balance the pH of your hair and remove any buildup on your hair shaft. Rinsing will also close the numerous cuticle scales that cover and protect the surface of each hair shaft. The result is a smoother surface, which reflects more light, and so your hair is shinier, smoother and easier to manage. **Reason #3:** Apples contain an essential trace element called boron. Boron helps with bone density and can therefore help to prevent or to decrease the effects of osteoporosis. **Reason #4:** Apples contain phytonutrients, which are antioxidants that can help to combat the effects of bad LDL cholesterol. On average, apple contains more antioxidants than a large 1,500 mg dose of vitamin C. **Reason #5:** As well as being full of goodness, apples contain no sodium, no fat and no cholesterol.

1st Place 2012 Apple Pie ~ Michigan Apple Committee ~ Yankee Spy Apple Pie by Dan Beck of Flint Michigan

Ingredients:

1 cup shortening
3 cups flour
1 tsp salt
1/2 cup ICE COLD water



Filling:

6 large Michigan Northern Spy Apples - peeled and sliced
1 cup Pioneer Sugar
1 02 tbsp Cinnamon
1/3 cup flour

Directions: (Preheat oven to 350°F)

Cut shortening into flour and salt, until particles are the size of small peas. Sprinkle with water,

1 tbsp at a time, tossing with fork until flour is moistened and pastry cleans sides of bowl. Add additional water if necessary. Divide dough in half and roll into 1/8" thick circle, always work from the center never back and forth. Drape it in the bottom of the pie plate, pressing it lightly and trimming off any excess.

Filling Directions: Combine ingredients and add to pie shell. Top with dough and crimp sides. Moisten top of pie and sprinkle with sugar and cut slits in top of dough.

Bake for about 1 1/4 hours. (Cover with pie shield after first 15 minutes.)

Michigan Applesauce Glazed Chicken Recipe

Ingredients:

- 1 pound Chicken Tenders
- 1 pound boneless, skinless chicken breasts
- 1/4 cup orange marmalade
- 1 tsp cornstarch
- 1/4 tsp ginger
- 1/2 tsp minced garlic
- 1 cup unsweetened Michigan Applesauce
- 2 tbsp sliced green onions

Directions: (Preheat oven to 400°F)

1. Wash and dry chicken. If using chicken breasts, cut each breast lengthwise into 4

pieces. Place in single layer foil-lined 13x9x2 baking pan. Set aside.

2. In 1 quart saucepan, combine marmalade, cornstarch, ginger and garlic. Add Michigan Applesauce. Cook over medium heat, stirring constantly, until mixture starts to boil. Spread evenly over chicken.

3. Bake for 20 minutes or until chicken is tender and juices run clear. Garnish with green onions and serve hot over brown rice if desired.

